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See Page 19 for details.

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Celeb Pg 22

DiCaprio ready to start family

Right To Play out of 2010 athletes village

OLYMPICS Right To Play, a charity championed by many of Canada's best Olympians, is being frozen out of the athletes village at the 2010 Winter Games in Vancouver for the first time since its inception in 1992.

The Canadian-based international humanitarian organization has sponsors that conflict with those of VANOC.

Formerly known as Olympic Aid, it has set up a booth in the village at the last three Games to inform athletes about their programs, which are delivered in more than 20 countries affected by war, poverty and disease throughout Africa, Asia and the Middle East.

Moguls skier Deidra Dionne, a 2002 Olympic bronze medallist and Right To Play ambassador, said she was "saddened" by the news.

Andrea Shaw, vice-president of marketing for VANOC, said the decision was based on their contractual obligations to give their sponsors exclusivity.

One of the main sponsor conflicts is a $67-million deal between VANOC and General Motors Canada signed in November 2005, and a recent $480,000 donation Right to Play received from Mitsubishi Motors Canada. **TORSTAR NEWS SERVICE**

Ambassadors

- Right To Play's list of ambassadors in Canada includes Wayne Gretzky, Silken Laumann, Adam Van Koeverden and Simon Whitfield.

Surrey **Quattro project blaze**

SHANE MACKICHAN/FOR METRO VANCOUVER

Emergency crews battle a massive fire that engulfed the Quattro condominium development at 138th Street and 107-A Avenue in Whalley. The $625 million development was Surrey's largest commercial and residential project ever. No one was injured.

Cops quick to Taser, man says

KRISTEN THOMPSON
kristen.thompson@metronews.ca

A Burnaby man claims police were quick to Taser him during an altercation at Locarno Beach and that the experience was so excruciating and debilitating that he understands why other victims die.

Jean-Pierre Rouilles said yesterday he was jumped by three policemen after getting into an aggressive argument with a lifeguard on Aug. 17, and instead of talking to him the officers pinned him to the sand and Tasered him multiple times.

"I felt like I was being electrocuted, I was cooked from inside," he said, adding that after each jolt police ordered him to stop resisting arrest, but that he couldn't stop convulsing.

"It was the most violent experience I've ever had … I didn't have a weapon, I didn't hurt anyone."

Yesterday, police found themselves having to defend their actions one day after a man who was Tasered died.

On Tuesday, the suspect in a bank robbery was Tasered after he fell naked and bleeding from stab wounds to his chest through the second-storey window of his Langley home.

RCMP Cpl. Peter Thiessen said police were justified because he "was not taking verbal commands" and a gun was inside the home.

Jean-Pierre Rouilles

On Sept. 12, a report by Ottawa criminologist John Kiedrowski, suggested that police didn't do enough research into Tasers before issuing them to officers.

"I've been suffering so much because of this," Rouilles said, adding that he's had convulsions and chronic pain since then. "This is happening to other people all the time … It's just not right."

ShareYourViews
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U.S. Senate votes for bailout

ECONOMY The U.S. Senate approved a $700 billion US bailout of the financial industry late last night that political and financial leaders called crucial to averting economic catastrophe.

Amid warnings that failure to act could plunge the country into a depression, the Senate voted 74 to 25 in favour, sending the measure to the House of Representatives, probably for a vote tomorrow.

The House rejected a similar measure on Monday, but the bill has been sweetened since then, in hopes of more support. **REUTERS**

MORE COVERAGE, PAGE 10

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First mayoral debate

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The new incredibly fuel-efficient **2009 PONTIAC G3 WAVE.** Seriously, look at it. That's one fun and friendly looking car. But it really knows how to give the gas pump the cold shoulder. Still, even though 5.7L/100 KM on the highway and 7.9L/100 KM in the city[1] is bad news for the gas pump, it's great news for you. And even better news is that the G3 Wave is loaded with things like optional OnStar®, auxiliary audio input jack, five star rating for frontal impact[2], available side-impact airbags and the best coverage in Canada[3]. So, even though the G3 Wave works really hard to make the gas pump sad, it works just as hard to make you happy. **Cash Purchase Price at $11,595.***

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*Cash purchase price reflects discounts only available with cash purchase price offer and not available for purchase financing or lease offers. Freight $1125 included. Licence, insurance, registration, PPSA, administration fees, duties and taxes not included. Dealers are free to set individual prices. See newspaper or your participating dealer for details. [1]When equipped with a 5-speed manual transmission, estimated 2009 ratings, based on GM testing in accordance with approved transport Canada test methods. Your actual fuel consumption may vary. [2]Equivalent Aveo model tested. US government star ratings are part of the National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.safercar.gov). [3]Whichever comes first. See dealer for limited warranty details.

Vancouver Book Award finalists announced
Four finalists have been chosen for the 20th City Of Vancouver Book Award. Each book documents the true stories of some of Vancouver's disparate residents and neighbourhoods. The $2,000 award will be presented Oct. 14. METRO VANCOUVER

Local

Reduced ferry service

B.C. Ferries is cutting back sailings on its major routes after Thanksgiving to lower costs associated with reduced traffic. Sailings will be added again in December to accommodate the boom of holiday travellers. METRO VANCOUVER

News in brief

ASSAULT A female SkyTrain attendant was punched in the face by a man at Commercial Drive station. Another man who witnessed the attack came to the victim's aid and held the suspect until police arrived. Thomas Lochan, 21, has been charged with assault.

ECONOMY The carbon tax will cost B.C. Ambulance Service an additional $186,462 this year, B.C.'s New Democrats said yesterday. Over the next three years the carbon tax will add more than $1-million to the costs of ambulances according to documents obtained by a freedom of information request. METRO NEWS SERVICES

metronews.ca
What's online today.

Watch election reports on Quebecers who have set up a site featuring anti-Harper testimonials and on Tony Clement's hopes of improving on his 2006 28-vote win at www.metronews.ca/canada
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Active Canadian ski jumper joins lawsuit against VANOC

KRISTEN THOMPSON
Kristen.thompson@metronews.ca

The list of female ski jumpers suing VANOC for barring them from competing in the 2010 Games became a little longer yesterday when the first active Canadian jumper added her name to the suit.

Zoya Lynch, 17, and nine jumpers from the United States, Europe and one retired Canadian, allege VANOC is violating Canada's Charter of Rights by not letting their sport, for which there is a men's component, into the Olympics.

VANOC has maintained the suit is aimed at the wrong target and that it's up to the International Olympic Committee to make this decision.

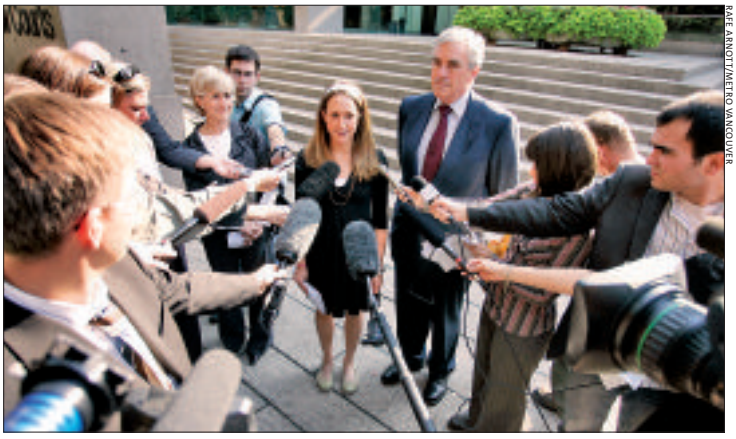
Lynch, who has been jumping since she was eight, said she's lost faith in VANOC and the Canadian government.

"It's hard to focus on school and being an elite athlete as well as trying to get my sport into the Olympics," she said.

"I don't want to stand on the sidelines watching the boys. I put every single second of my life into this."

Lynch's mother, Sarah Lynch, said she raised her daughter to believe that her gender would never stand in the way of her dreams and goals.

"Women have been brought up to believe they can do anything they like," she said. "We want these Olympics to be the best Olympics ever and to be the first gender-equal Olympics in history."



RAFE ARNOTT/METRO VANCOUVER

Ski jumper Zoya Lynch, 17, with her lawyer Ross Clark outside the B.C. Court of Appeals in Vancouver yesterday.

Cops say robbers scoped out more than one store

HEIST Police believe the same thieves who made away with more than $100,000 worth of Birks jewelry Sept. 16 were scoping out another jewelry store nearby three hours before the robbery.

"The suspects never went inside," Det. Dean Wells said yesterday.

"They just stayed outside the front, but their behaviour alarmed staff inside."

Investigators also suspect the three men were involved in a Burnaby jewelry store robbery a week before.

Security camera footage from another downtown jewelry store on the day of the Birks robbery show the three suspects loitering for about 10 minutes.

The men were in and out of the Birks store in less than minute, Wells said.

Lotteries

Lotto 6/49	2, 8, 22, 29, 34 & 48 Bonus 47
BC 49	1, 7, 11, 15, 37 & 48 Bonus 4
Extra	15, 30, 78, 95

These results are not official.

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SATISFACTION OR MONEY BACK

Calendar error creates expensively sticky situation
An error in the B.C. 150 calendar is costing taxpayers $55,500. Stickers are being made to cover the Oct. 27 entry, which refers to the arrest of two Air India suspects but doesn't mention they were found not guilty. CKNW.COM

Homelessness the focus

JEFF HODSON
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Homelessness is the greatest issue facing Vancouver, the mayoral nominees for the Non-Partisan Association (NPA) and Vision Vancouver agreed last night during the city's first mayoral debate.

About 300 people, many with placards, showed up at the downtown branch of the Vancouver Public Library to hear the two candidates speak in the first of several debates prior to the Nov. 15 civic election.

But while Vision's Gregor Robertson and the NPA's Coun. Peter Ladner agreed funding to alleviate homelessness rests with senior levels of government, they disagreed on the best way of getting those funds.

"There has to be … a bit of edge with our relationship with the province and the federal government," said Robertson, 44, the former NDP MLA for Vancouver-Fairview. "There has to be. We have to get more. We have a crisis here in Vancouver."

However, Ladner, 59, a two-term councillor, advocated a more conciliatory relationship with senior governments.

"This is something the mayor cannot do by himself," Ladner said.

"In fact, if Gregor was really serious about solving homelessness, he would stay in Victoria and get the provincial government on the team."

RAFE ARNOTT / METRO VANCOUVER

Peter Ladner, left, listens to Gregor Robertson during the first mayoral candidates debate at the Vancouver Library last night.

Byelections announced for Oct. 29

VOTE People living downtown and south of False Creek will head to the polls three times in 33 days after Premier Gordon Campbell yesterday announced a pair of byelections on Oct. 29.

In July, Vancouver-Fairview MLA Gregor Robertson resigned his seat to run for mayor in the Nov. 15 civic election.

Vancouver-Burrard was vacated in September to allow MLA Lorne Mayencourt to run as a Tory in the Oct. 14 federal election.

COPE Park commissioner Spencer Herbert is running as a New Democrat in Vancouver-Burrard against B.C. Liberal Arthur Griffiths, former owner of the Vancouver Canucks.

Green party Leader Jane Sterk is running in Vancouver-Fairview against B.C. Liberal Dr. Margaret MacDiarmid, a past president of the B.C. Medical Association, and New Democrat Jenn McGinn

JEFF HODSON / METRO VANCOUVER

COUNTDOWN – 6 DAYS LEFT!

News in brief

CORRECTION The Quintessence Breastfeeding Challenge will take place on Saturday, Oct. 11, at Trout Lake Community Centre in Vancouver and Lynn Valley Village in North Vancouver.

INFORMATION The mystery caller to a police tip line with information about the night of Aaron Chan's Aug. 24 murder outside Atlantis nightclub has been found. Vancouver police said yesterday that they were planning to speak with the man. The tipster had left a message on the police line's machine saying he had been working for the Seymour Bike Patrol near the nightclub where Chan was killed, but was cut off before he could leave his contact information. Police began searching for the man, saying his testimony was crucial to investigating Chan's death.

SUSPECT A man who went missing from a downtown Vancouver halfway house last month may have been behind five bank robberies around the city last week, according to police. Officers are looking for Keith Lucky Whetstone, 61.

MURDER The Crown has appealed a ruling that ordered a fourth trial for Kelly Ellard, who was charged with the murder of Victoria teen Reena Virk in 1997. A B.C. court of appeal overturned the second-degree murder conviction on Sept. 5. METRO VANCOUVER

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Judge urges probe into deaths

The Ontario commissioner who probed mistakes in 20 child-death investigations is concerned that wrongful convictions may have occurred in other cases and is urging the province to take a second look at myriad child deaths dating back 20 years. TORSTAR NEWS SERVICE

Canada

St. John's comes home

HMCS St. John's returned to Halifax yesterday after completing its involvement in Operation Horatio, a relief effort in Haiti which delivered more than 450 metric tons of rice, corn-soya meal, bottled water, water purification tablets and other relief supplies over a 13-day period. The ship's Sea King helicopter delivered more than 300 cargo loads. METRO CANADA

Election changed by U.S. woes: Martin

Election 2008

VANCOUVER The financial crisis might have hit south of the border, but it's going to play a role in how leaders campaign leading up to the federal election.

Paul Martin

That was the message of former Prime Minister Paul Martin, who was in town yesterday to endorse Liberal Vancouver-Kingsway candidate Wendy Yuan and Vancouver Quadra candidate Joyce Murray.

"What's happening right now in the international financial world is going to have an effect (at home)," he said. "Canada is not going to be exempt."

KRISTEN THOMPSON/METRO VANCOUVER

Couillard's tell-all book latest trouble for Tories

Prime Minister Stephen Harper, already on the defensive amid charges of plagiarism, faced the prospect of fresh embarrassment yesterday over a new book that paints an unflattering portrait of former foreign minister Maxime Bernier.

In the book, Julie Couillard, Bernier's ex-girlfriend, says the minister was not concerned over the possible Quebec secession and was opposed to sending Canadian troops to Afghanistan.

The book will hit shelves in Quebec Monday and is likely to draw attention.

Bernier was forced to resign in May after admitting he had left secret documents in Couillard's apartment. The pair have since split up.

"I'd rather you waited until garbage collection day to do so. They are secret documents, after all."
Maxime Bernier, as quoted by Julie Couillard

Bernier was supposed to have returned the documents to the foreign ministry, but Couillard writes that he simply asked her to throw them away.

"I'd rather you waited until garbage collection day to do so. They are secret documents, after all," she quotes him as saying.

Bernier issued a statement to La Presse dismissing the allegations in the book as "completely ridiculous." No one in Harper's office was available for comment.

Harper says Quebec's well-established separatist movement is a big threat and can only be stopped by the Conservatives.

Bernier, according to Couillard, had a more relaxed attitude, telling her that Quebec independence was inevitable.

"That doesn't scare me at all. It's clear we're heading in that direction. I don't have any problems with that. I'm ready. I'm expecting it," she quotes him as saying. REUTERS

Burnaby Eid-ul-Fitr celebration

RAFE ARNOTT/METRO VANCOUVER

About 1,200 Lower Mainland Muslim worshippers pray at the Al-Salaam Mosque in Burnaby yesterday. They met to celebrate Eid-ul-Fitr, which marks the end of the holy month of Ramadan.

News in brief

OTTAWA Police yesterday said they are seeking suspects after a trio of sexual assaults, including one Monday in which a man tried to abduct a woman.

LABRADOR The economic crisis could lead to a six-month delay for the Lower Churchill power project, CBC News Online reports. METRO NEWS SERVICES

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Big and small

The largest electoral district in Canada is Nunavut, with 2,093,190 square kilometres. The smallest electoral district is Papineau, with nine square kilometres. METRO NEWS SERVICES

Election 2008

Angst at ballot box

Poll shows Canadians leery of handing Tories a majority

On the **Hustings**

Andrew Cohen

Election insight and analysis

Among the blizzard of polls appearing every day of this campaign, the most intriguing may be this one: 52 per cent of Canadians worry about giving the Conservatives a majority.

They appear to be concerned about handing the government carte blanche, four or five years of unfettered, unchecked government.

In other words, the Conservatives unbound. Stephen Harper unplugged. Any leader's fantasy.

If this kind of anxiety exists in Canada, it's because 52 per cent of Canadians think the Conservatives would surprise or anger them with what they would do with a majority. That might mean cutting funding to the CBC or revisiting the legalization of abortion or the ban on capital punishment, which social conservatives dislike.

But if the second part of this poll is correct, this concern doesn't mean much. Asked whether they would change their vote to stop a Conservative majority, 81 per cent said no.

Apparently, then, the prospect of a Conservative majority doesn't disturb Canadians as much as it did in 2006, when the Conservatives were held to a minority, or in 2004, when they lost. Both times the Liberals argued that the Conservatives had "a secret agenda" and couldn't be trusted with a majority. Their "fear-mongering"

seemed to have worked.

Now, if it is true that half of Canadians "worry" about a majority, but four-fifths would do nothing to prevent it — such as strategic voting — the dynamic of this campaign may have decisively shifted.

This may explain why the Conservatives began the campaign predicting that they would win only a minority, reluctant to raise the prospect of a majority. Worried about driving frightened voters to the Liberals, they sought to lower expectations, hoping that a polarized electorate would deliver their majority Oct. 14.

But they're less shy now. If Harper is wary of using the "M" word too much, he is unafraid to ask for a stronger "mandate" to free his government from the scrutiny of those left-of-centre parties in Parliament.

He has reason to be confident. While no polls show him winning more than 40 per cent of the vote, the level usually necessary for a majority in Parliament, he remains at least 10 points ahead of the Liberals.

Fundamentally, Canadians may not like Stephen Harper and they may not trust him with a majority, which is why he can't crack 40 per cent. But in dutifully distributing their votes among a fractured four-party opposition, they may give him his wish anyway.

Andrew Cohen teaches journalism at Carleton University. He is the author of Extraordinary Canadians: Lester B. Pearson.

Rivals hammer PM on economy

Prime Minister Stephen Harper's rivals ganged up on him last night, using the French debate to accuse him of favouring the same economic policies as U.S. President George W. Bush.

Opposition leaders blamed the prime minister for Canada's sluggish economic growth and said he should do more to help people who had lost their jobs.

"Mr. Harper is a fan of the laissez-faire approach to the economy, like Mr. Bush, and we can see the disaster unfolding now in the United States," said Bloc Québécois Leader Gilles Duceppe.

Harper says the Canadian economy is doing well considering the problems in the United States.

"The value of Canadian workers' pensions has dropped by $90 billion in two days — it's unbelievable. And you say that everything is going well," said NDP Leader Jack Layton.

"The policies that you are suggesting today are the same ones used by George Bush … Where is the action plan to protect people?"

Harper said the Canadian economy was still producing a surplus and creating new jobs despite the U.S. crisis. "We are worried about what's going on in the United States … we're in a period of slow growth," he said.

The leaders will meet tonight for the English-language debate at 6 p.m.

REUTERS

Quebecers set up anti-Harper website. Watch at metronews.ca/canada

12 days remain until the 2008 Canadian federal election

Tony Clement hopes to improve over his 2006 28-vote victory. Watch at metronews.ca/canada

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CASH PURCHASE PRICE **$11,498**[†] INCLUDES FREIGHT AND PDI

OR

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WITH PURCHASE FINANCING **0%**[‡] FOR 72 MONTHS

50 MPG HIGHWAY[*]

The redesigned 2009 Chevrolet Aveo[5] has even better fuel consumption than last year.[*]

- 1.6L Ecotec® engine
- 5-speed manual transmission
- Available in 5-door or Sedan

36/50 mpg • 7.9/5.7 L/100 km (City/Hwy)[▲]

★★★★★ HIGHEST POSSIBLE U.S. GOVERNMENT FRONTAL CRASH SAFETY RATING[Δ]

2009 COBALT XFE

2009 Cobalt SS Coupe shown with available equipment.

CASH PURCHASE PRICE **$15,498**[†] INCLUDES FREIGHT AND PDI

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BI-WEEKLY PAYMENT **$99** FOR 72 MONTHS

WITH PURCHASE FINANCING **0%**[‡]

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- Available in Coupe or Sedan

35/52 mpg • 8.0/5.4 L/100 km (City/Hwy)[▲]

The 2009 Chevrolet Cobalt XFE has better highway fuel efficiency than the 2009 Toyota Corolla CE.[+]

2009 HHR

2009 HHR LS shown.

PURCHASE PRICE **$20,998**[††] INCLUDES FREIGHT AND PDI

OR

BI-WEEKLY PAYMENT **$162** FOR 60 MONTHS

WITH PURCHASE FINANCING **0%**[‡]

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- Standard ABS & StabiliTrak™ electronic stability traction control
- Up to $1,000 in PST rebates[○]

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Hikers find Fossett's ID, belongings

Hikers in a remote area of California have found clothing and aviation identification cards belonging to millionaire adventurer Steve Fossett, presumed dead after his plane went missing a year ago, police said yesterday. REUTERS

World/Business

Bailout clears first hurdle

Senate approves $700-billion Wall Street aid package

A $700-billion US financial industry bailout was approved by the Senate last night and headed back to the U.S. House where leaders, stung by a 'no vote' that rocked markets Monday, were cautiously optimistic it would pass in coming days.

"We are working very hard to see if we can pass a plan that will stabilize our economy," House Majority Leader Steny Hoyer told reporters before the Senate overwhelmingly passed the bill.

The Maryland Democrat said he expected the House to take up the bill tomorrow and that he thought some of the changes made in the Senate would help attract more Republicans.

"We need 100 Republican votes to pass this. We didn't get them on Monday — hopefully the Republican leadership will be able to get their members to support it this time around," Hoyer said.

The Senate voted 74-25 for the legislation after adding a $150-billion package of tax breaks for businesses and alternative energy development. The package also includes alternative minimum tax relief for some 24 million taxpayers, most of them middle-class.

Following the vote, Senate Majority Leader Harry Reid, a Nevada Democrat, told reporters he expected the House to approve the bill. REUTERS

Bush piling on pressure

- President George W. Bush, while expressing confidence in the bill's fate this time around, pressed his case, warning lawmakers the measure was needed "so as to stabilize this (economic) situation, so that it doesn't get worse."

Business

Canada's auto industry sputtering

Canada's sputtering auto industry faces more serious trouble such as layoffs and plant closures as sales in its key U.S. market continue plunging.

Canada exports more than 80 per cent of its vehicle production and 60 per cent of parts output to the U.S., where sales declines are worsening each month.

In September, U.S. auto sales crashed 27 per cent or more than 350,000 vehicles to 965,160 from the same month last year. Sales south of the border are down almost 13 per cent in the first three quarters of the year.

Sales at Ford, Chrysler, Toyota, Honda and General Motors tumbled 15 to 34 per cent in September.

Furthermore, credit restrictions are an obstacle for consumers buying vehicles, noted one industry analyst. TORSTAR NEWS SERVICE

AIDS age is over 100, study finds

HEALTH The deadly AIDS virus first began spreading among humans at the turn of the 20th century in sub-Saharan Africa, just as modern cities were emerging in the region, U.S. researchers said yesterday.

The finding pushes back the origin of HIV by several decades, they reported in the journal Nature.

Prior estimates put the origin of HIV at 1930. But Michael Worobey of the University of Arizona now believes HIV began infecting humans between 1884 and 1924.

The research is based on 48-year-old gene fragments dug from a wax-embedded lymph node from a woman in Kinshasa in the Democratic Republic of Congo. REUTERS

Birthday **Gandhi fondly remembered**

PAWAN KUMAR/REUTERS

Children dressed as famed Indian spiritual and political leader Mahatma Gandhi pose on the eve of his 139th birth anniversary yesterday in the northern city of Lucknow. Gandhi's birthday is a national holiday in India and is recognized by the UN as the International Day of Non-Violence.

Blockades halt pipeline build

BLOCKADE First Nations blockades in Saskatchewan have halted construction on an Enbridge Inc. pipeline. The groups are seeking greater access to goods and services contracts for the project.

In brief

WATER Canadian Springs says it will introduce a half-litre plastic bottle refundable for 25 cents on Jan. 1.

WIRELESS Globalive Communications said its financing from Egypt's Orascom to help it become a national wireless player is secure. TORSTAR NEWS SERV-

News in brief

CRIME Spanish police have arrested 121 people in the country's biggest child pornography raid, seizing equipment containing millions of images including some of the suspects' own family members, the nation's Interior Ministry said yesterday.

MONEY French Economy Minister Christine Lagarde denied yesterday that France was planning a 300-billion euro ($424.4 billion US) EU bank rescue package. REUTERS

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Canucks crush Flames 6-1
Jannik Hansen scored twice, while Alex Burrows and Ryan Kesler each tallied three assists in Vancouver's 6-1 preseason win over Calgary last night. Mason Raymond, Alex Edler and Pavol Demitra also scored for the Canucks. METRO NEWS SERVICES

Sports

Henry held on drug charges

Former NFL running back Travis Henry has been arrested on federal cocaine charges. Henry, along with James Mack, was arrested yesterday after a multi-kilogram cocaine transaction that occurred in Centennial, Colorado. Both subjects are being held pending the filing of federal drug charges in U.S. District Court in Denver. METRO NEWS SERVICES

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Bay powers Sox to win

Trail native homers, while Dempster takes loss for Cubs

Red Sox 4 Angels 1

The Boston Red Sox continued their post-season domination of the Los Angeles Angels yesterday with a 4-1 triumph in the opener of their American League Division Series that stretched the winning streak to 10.

Jason Bay, of Trail, B.C., drilled a go-ahead two-run homer off starter John Lackey in the sixth to give the visitors a winning advantage, while Boston starter Jon Lester hurled 117 pitches over seven innings in the victory.

Phillies 3, Brewers 1 — Cole Hamels hurled eight shutout innings as Philadelphia downed Milwaukee, 3-1, in Game 1 of their National League Division Series at Citizens Bank Park.

Hamels allowed just two hits and one walk while striking out nine batters. The left-hander retired the first 14 batters.

Dodgers 7, Cubs 2 — James Loney clubbed a two-out grand slam in the fifth inning as the Los Angeles Dodgers beat the Chicago Cubs, 7-2, in the opener of their National League Division Series.

Canadian Russell Martin hit a solo shot in the ninth for the Dodgers. B.C. native Ryan Dempster took the loss for the Cubs.

METRO NEWS SERVICES

DANNY MOLOSHOK/REUTERS

Boston Red Sox's Jason Bay hits a two-run home run against the Los Angeles Angels of Anaheim in the sixth inning during Game 1 of their MLB American League Divisional Series game last night.

Sports in brief

SOCCER The Montreal Impact traveled to Honduras and defeated Municpal 2-1 last night in a CONCACAF Champions League match.

NBA The San Antonio Spurs will reportedly have to play without guard Manu Ginobili until December, and possibly longer.

NBA The Sacramento Kings named the recently-retired Shareef Abdur-Rahim as an assistant coach yesterday.

METRO NEWS SERVICES

SCOREBOARD

MLB

AMERICAN LEAGUE
DIVISIONAL SERIES PLAYOFFS
BEST OF FIVE
L.A. Angels vs. Boston
YESTERDAY'S RESULT
Boston at L.A. Angels
(XXX leads series 1-0)
Tampa Bay vs. Chicago
TODAY'S GAME
Chicago at Tampa Bay, 11:37

NATIONAL LEAGUE
DIVISIONAL SERIES PLAYOFFS
BEST OF FIVE
Chicago Cubs vs. L.A. Dodgers
YESTERDAY'S GAME
L.A. Dodgers 7 Chicago Cubs 2
TONIGHT'S GAME
L.A. Dodgers at Chicago Cubs, 6:37
(L.A. Dodgers lead series 1-0)

Philadelphia vs. Milwaukee
YESTERDAY'S RESULT
Philadelphia 3 Milwaukee 1
TODAY'S GAME
Milwaukee at Philadelphia, 3:07
(Philadelphia leads series 1-0)

CFL

WEEK 15
FRIDAY'S GAMES
B.C. at Toronto, 4
Calgary at Saskatchewan, 7
SATURDAY'S GAMES
Montreal at Hamilton, 1
Winnipeg at Edmonton, 4

NFL

WEEK 5
SUNDAY'S GAMES
Chicago at Detroit, 10
San Diego at Miami, 10
Atlanta at Green Bay, 10
Seattle at N.Y. Giants, 10
Tennessee at Baltimore, 10
Indianapolis at Houston, 10
Kansas City at Carolina, 10
Washington at Philadelphia, 10
Tampa Bay at Denver, 1:05
Cincinnati at Dallas, 1:15
Buffalo at Arizona, 1:15
New England at San Francisco, 1:15
Pittsburgh at Jacksonville, 5:15
MONDAY'S GAME
Minnesota at New Orleans, 5:30

SOCCER

PLAYOFF GAMES FEATURING THE VANCOUVER WHITECAPS MEN'S TEAM:
TOMORROW'S GAME
VANCOUVER at Montreal, 5
SUNDAY'S GAME
Montreal at VANCOUVER, TBA

Barcelona, Liverpool win in Champions League

SOCCER Robbie Keane scored his first goal for Liverpool as Rafael Benitez's men completed a comfortable 3-1 win over PSV Eindhoven at Anfield in the Champions League yesterday.

Gerrard

Dirk Kuyt opened the scoring after 4 minutes before Keane struck his first goal in his ninth start for Liverpool by converting a Fernando Torres cross in the 34th.

Steven Gerrard blasted home from a second half free-kick to net his 100th goal in Liverpool colours and give Benitez victory in his 250th game in charge of the Reds.

Barcelona substitute Lionel Messi scored two late goals, including one in stoppage time, to lead the 2006 winners to a 2-1 victory at Shakhtar Donetsk yesterday.

Chelsea were held to a 0-0 draw at surprise packages CFR Cluj.

Atletico Madrid beat Olympique Marseille 2-1. Anorthosis Famagusta got a 3-1 home win over Panathinaikos. AS Roma beat Girondins Bordeaux 3-1. Inter Milan and Werder Bremen tied 1-1. Sporting Lisbon beat Basel 2-0.

REUTERS

Cherry questions Canucks' choice of Luongo as captain

YorkReport

Marty York
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He was the NHL's top scorer and MVP last season, but don't expect Alexander Ovechkin to be as electrifying, efficient or effective this season.

That, at least, is the advice of CBC's Don Cherry, who offered his prediction for the Washington Capitals' superstar yesterday while he and other television analysts previewed the coming NHL season in a conference call with media types.

"I'd be surprised if (Ovechkin) does as well as he did last year," Cherry said. "He was doing things he shouldn't do. He was cutting into the middle and … he was getting away with it. He won't get away with it this year. (Opponents) will be waiting for him this year.

"I'm not knocking him … But I was asked if he's going to have a better year and I'm just saying he won't have as good a year."

Ovechkin wasn't Cherry's only target yesterday. He ripped the Vancouver Canucks, too.

"I hate to say it because I think (Vancouver's) Roberto Luongo is the best goalie in the world, but I don't think the Canucks have added any firepower," Cherry said. "They're going to be in a dogfight to make the playoffs."

And Cherry also questioned the Canucks' decision to establish Luongo as their captain.

"If he's a leader, he'll be a leader, but he doesn't have to be the captain," Cherry said. "It shouldn't be a goalie. It's silly as far as I'm concerned."

Mike Milbury of CBC and NBC quickly agreed with Cherry about Luongo's appointment.

Milbury also suggested the Pittsburgh Penguins, Stanley Cup finalists last season, will be heading downhill this season.

"Pittsburgh lost a lot of glue on their roster," he said. "I think they're going to struggle … The Penguins have some hills to climb … I'm also not as sold on (goalie Marc-Andre) Fleury as they seem to be."

Milbury's strangest comments, however, came after a writer asked the analysts to speak about their mothers' influences in their hockey careers in connection with all the hockey-mom talk these days in the United States, where vice-presidential candidate Sarah Palin publicly described herself as "a hockey mom."

Analyst Ed Olczyk went down memory lane about how his mother would tie his skates and provide him with endless support, but Milbury wasn't sappy at all, saying:

"Don't get me wrong. I loved my mom dearly. She's not with us any more. But all I ever heard from her was 'You have to hustle more' … All I got from her, besides genetics, was aggravation."

Bizarre.

Marty York has been a groundbreaking sports columnist and broadcaster in Canada for decades.

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Canucks captain talk

ToulBox

Scott Rintoul

scott.rintoul@metronews.ca

No issue has been generated more buzz this week than the decision to name Roberto Luongo captain of the Canucks. Never one to follow the flock for the sake of doing so, count me in the majority of Vancouverites that think Luongo is the right captain for this team.

Though the burden of leadership does not fall on one man alone, Loungo exemplifies all of the qualities that NHL players equate with the captaincy. He is the hardest working player on the roster. He is accountable. His play elevates those around him. And, most importantly, he has the respect of every single player in that dressing room. Ask anyone to name the leader of the Canucks over the past two seasons, and his name would have been given. All the Canucks have done is recognize that publicly.

Many of you have disagreed with this appointment for a variety of reasons. Here is a sampling of that rationale and my response to each:

• "Players need to see a 'C' on someone's sweater"

Yeah, and if the coach doesn't wear a suit, no one will know who to look to for line changes. If not seeing the third letter of the alphabet on a teammate's uniform causes a player distress, I don't think he's ready for the rigours of professional sports.

• "It's a disadvantage if the captain isn't able to talk to the officials"

When is the last time you saw a referee change his call because a captain smooth-talked him outside the penalty box? If you believe a captain can influence an official's calls throughout the game, there's a counter-argument that suggests a captain can hurt his team's chances by getting on the wrong side of the official.

• "He'll have to deal with more interviews and media"

Luongo has been bombarded by media on a daily basis during his first two years in Vancouver. Yes, there have been times when he has ducked interviews, but talk to reporters in Toronto and Colorado. The likes of Mats Sundin and Joe Sakic are tougher to find than Waldo on most game days.

• "The captaincy will be a distraction"

This is the only legitimate argument I've heard yet. It's a valid statement based on Luongo's own admission that his focus was disturbed during his wife's pregnancy last spring. However, family is the only thing he prioritizes ahead of his dedication to his craft.

Finally, there is the theory that Luongo was named captain in order to keep him Vancouver beyond next season. While I don't believe he would have accepted the role if he had already decided to leave as soon as his contract expires, Luongo won't stay here because he's the captain; he'll stay if he believes he can win a Stanley Cup.

Scott Rintoul is a college athlete, sports fan and broadcaster. He can be heard Monday-Friday on the TEAM 1040 from 6-9 a.m.

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Metro Homes

Hardly small

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Dynamic focal point can give a room soul

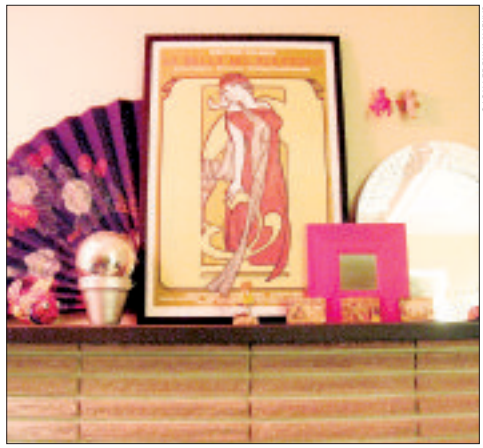
I've heard it both ways: God lives in the details, or, the devil lives in the details. Either way, the point's been made: Details count.

A room can be tricked out in high-end furnishings and a designer colour scheme but can still feel sort of lacking. The missing detail: a focal point.

We're so dazzled by our spectacular city setting that we don't see the need for an interior focal point. But even if you are lucky enough to have a full wall of floor-to-ceiling windows of one of those views, that's not a focal point; it's a backdrop. Unless you like the airport-departure-lounge seating configuration, you've got to look within, back to some feature of human scale.

Traditionally, it's the fireplace. Just the idea of heat draws people (and furniture) close, while the household treasures on the mantle spark quiet conversation. But the fireplace in many new condos often doesn't provide that emotional draw because that's where the TV lives, which means furnishings have to be pushed back in order to watch the higher-than-usual tube without neck strain. Suddenly the intimate furniture grouping is gone, and the focal point — a black glass box flashing images of brain-numbing reality shows — is devoid of soul.

To those committed to creating a truly warm, welcoming retreat space, it may be worth weaning off the living room box.



CARLYN YANDLE PHOTO

Creating a mantel that is as individual as you can bring warmth and personality to your living space.

In a recent column I suggested maybe losing the TV from the main living area altogether — a heretic notion, I know. But to those committed to creating a truly warm, welcoming retreat space, it may be worth weaning off the living room box.

What you get in return is a mantel that can be (and was) used as a rotating reflection of the season, creative expression and important personal events.

Consider using that space to feature an ever-changing bricolage — a loose and quirky arrangement of found and favourite objects. This month it might be a large vase filled with chestnuts surrounded by pinecones and a large framed photo of your dog running through the fall leaves. Or it could be your impulsive salute to all things white. Or round. Consider the mantle your — or your household's — blank canvas to create, reflect, then re-create. As you play with the pieces, the process starts to play with your artistic side.

If you don't have a mantel, consider installing a deep, free-floating shelf above the sofa or across a lost corner, or carve out a few eye-level shelves in a centrally-located bookcase. The more surface area, the greater the impact.

UrbanDweller

Carlyn Yandle
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Set your home apart with an inspection

As the market continues to favour buyers, property owners are now finding as many ways as possible to get ahead of the curve when selling their homes. A great way to break away from the crowd is to have your home inspected before you list.

While it is true that all buyers are advised to have inspections as part of their contract conditions, paying for your own home inspection can get you more money when you receive that offer.

Every home, whether new or old, will have various inherent problems. It can be as minor as a cracked tile or as serious as mould. While some of these issues are easy to see (patent defects), some are not visible to the naked eye or upon a reasonable inspection (latent defects) and therefore must be disclosed to any potential buyer.

Having your own extensive home inspection will allow you to address these issues before any buyers have a chance to find them and will help protect you from future lawsuits.

With so many options for buyers these days, people are searching for a home that requires as little maintenance as possible.

While having an inspection report for potential buyers to peruse is a great selling feature, making sure you use a reputable inspector is going to be just as important. As with anything in life, you get what you pay for. The last thing you need is to provide an inspection report to a buyer only to have their inspector find issues yours did not. Look for an inspector who is registered with an organization such as the Canadian Association of Home and Property Inspectors.

In the end, the more you do to make the buyer's purchase easier, the better it will be for you.

HouseLeague

Ryan DeLuca
ryan.deluca@metronews.ca

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Quick fix

Upgrading the sink and faucet in a kitchen is an easy way to create a stylish and functional space for both cooking and cleaning. NEWS CANADA

Bright colours among this season's hottest trends

Putting bright colours in the bedroom, whether it's on the wall or in the linens, is key.

For those planning to update their homes or who are undergoing a major renovation, here are some of the hot emerging home trends for this season, according to Anita Griffin, Canadian marketing brand manager for Hansgrohe:

THE TRADITIONAL OR MODERN BATHROOM

Two extremes characterize the current trend in bathroom décor — old-world traditional or ultra-modern minimalism. Bring the romantic, majestic look of yesteryear to the bathroom with elaborate fixtures and accessories that feature the benefits of today's modern technology, such as the Axor Montreux bathroom faucet or a claw foot tub. Alternatively, pick up on the highly modern décor trend in the bathroom by adding pieces with simple details and a polished look. The Axor Citterio M showerhead is the ultimate sleek, European piece for a contemporary bathroom.

COLOUR IN THE BEDROOM

Whether it's on the wall or in the bed linens, bright, saturated colours are key in today's bedrooms. Decorative, intense patterns on bed linens are both visually stimulating and exotic, while bold colours on the wall showcase your dramatic and daring personality. For a unique take on colour, consider a wall tattoo. This is an easy way to add drama to your space.

CHANGING FURNITURE IN THE LIVING ROOM

As the way we use our home evolves, so does our furniture. The hottest trend in furniture design is change: Pieces that can disappear when not in use or change their function quickly and easily. Chairs that can be stored in the closet until guests drop by are ideal. Coffee tables that expand and grow are the ultimate in convenience. And items with ample built-in storage help keep your living space neat and clutter-free.

TEXTURE IN THE KITCHEN

This season, the kitchen is about mixing textures, shapes and materials. Consider combining a rounded island with cabinets featuring harder, solid lines. Merge natural wood cabinets that showcase your green lifestyle with the modern flair of stainless steel appliances. On your table, showcase your eclectic style with mixed patterns and colours in your tableware. NEWS CANADA

Reno returns

Home renovation can sometimes be costly. But there are a variety of cost-effective renovations that can improve the comfort and value of your home, even if you're on a budget.

The Appraisal Institute of Canada has developed RENOVA, a web-based guide that provides homeowners with the average return on investment for a number of home renovations. By entering the cost of a particular project, homeowners can find the percentage of initial investment that they can expect to get back.

According to RENOVA, the following renovations have high payback ranges:

- Bathroom renovation (75-100 per cent)
- Kitchen renovation (75-100 per cent)
- Exterior or interior paint (50-100 per cent)
- Window/door replacement (50-75 per cent)
- Recreation room project (50-75 per cent)
- Basement renovation (50-75 per cent)

For more, go to aicanada.ca/renova. NEWS CANADA

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Good for you
Low in calories, fennel is a very good source of dietary fibre, vitamin C, folate, potassium and manganese; and a good source of niacin, calcium, iron, magnesium, phosphorus and copper. METRO NEWS SERVICES

Food

"The fronds should be fresh and green — avoid flowering ones as that indicates age."

Barb Holland/for Metro Canada

Pick of the crop
Choose fennel that is firm, rounded, white and unblemished.

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

I can't believe it's not celery

À la carte

Barb Holland
Metro Food Writer

Looking like a misshapen head of celery, fennel, sometimes labelled anise, has a mild and slightly sweet taste reminiscent of licorice. The greener the fennel base, the stronger the flavour, however, it is muted when cooked. Use it raw like celery to toss in a salad or serve fennel sticks with a dip. It can be grilled, roasted, sautéed, braised or steamed.

The greener the fennel base, the stronger the flavour.

Provençal Style Fish Chowder

This healthy yet hearty soup can be stirred up quickly. Save some of the feathery fronds as a garnish for both colour and a bit more fennel flavour. If fish is frozen, cut while frozen and increase cooking time a minute or two. Serve with crusty bread. Makes about 7 cups (1.75 L), 4 servings.

INGREDIENTS:
- 1 small fennel bulb
- 1 tbsp (15 mL) olive oil
- 1 clove garlic, minced
- 19 oz (540 mL) can Italian seasoned stewed tomatoes
- 1-1/2 cups (375 mL) fish or chicken broth
- 1 tbsp (15 mL) Italian seasonings
- 1/2 tsp (2 mL) red pepper flakes, optional
- 1 lb (500 g) mild white fish (catfish, pollock, tilapia, cod, haddock), thawed if frozen, cut into 1 inch (2.5 cm) pieces
- Salt and pepper

METHOD:

Trim fennel by cutting off the skinny stalks and fronds. Remove any dry or fibrous outer stalks of fennel base. Cut base into quarters, remove and discard core, then chop remaining fennel.

Heat oil in a large saucepan over medium heat. Add fennel and garlic and cook until fennel is softened, about 5 minutes. Stir in tomatoes (breaking up any large pieces), broth, seasonings and red pepper flakes. Bring to a boil over high heat. Stir in fish and cook until fish is cooked through, about 5 minutes.

To serve, garnish with chopped up fennel tops and season to taste with salt and pepper.

Tips:
- Storing: Fennel will keep in the refrigerator, in a perforated plastic bag for a few days.
- Cooking: Trim a little off the base, remove any dry or fibrous outer layers, skinny stalks and fronds. Wash remaining, cut and serve raw or cooked. Fennel browns after cutting so sprinkle with lemon juice if not using immediately.

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Doing your double German duty

Oktoberfest is here and the September/October issue of DRAFT — the magazine for beer enthusiasts — offers two simple recipes to turn any beer bash into an authentic German soiree:

Soft Pretzels with Honey Mustard Sauce

INGREDIENTS:

Soft Pretzels Ingredients:
- 1 package of active dry yeast
- 5 cups flour
- 1 1/3 cup warm water
- 1/8 cup warm water
- 1/3 cup brown sugar
- Water, baking soda
- Sea salt

Honey Mustard Dip Ingredients:
- 5 ounces crème fraiche
- 3 tbsp. German honey
- 2 tbsp. German mustard
- Salt and sugar to taste

METHOD:

Soft Pretzels Directions:
Dissolve yeast in 1/8 cup warm water. Stir in 1 1/3 cups warm water, brown sugar and flour. Beat until smooth. Knead dough until smooth and elastic.

Heat oven to 475 degrees. In a saucepan, add 2 tablespoons baking soda to each cup of water. Use enough to fill the saucepan; bring to a boil. Tear off some dough and roll a pencil shape with your hands. Pick up both ends, cross to form rabbit ears and then twist the ends and pull them back to the rest of the loop.

Place twisted pretzels in water/baking soda mixture for 15 seconds until pretzel dough is golden or yellow in colour. Remove pretzels from boiling water and place onto a salted cookie sheet. Dust the top of pretzels with sea salt. Bake 8 to 10 minutes or until golden brown.

Honey Mustard Dip Directions:
Stir crème fraiche, honey and mustard until creamy. Add sugar and salt to taste.

Here's a great Oktoberfest snack and dessert.

Cherry, Quark and Pumpernickel Trifle

INGREDIENTS:
- 1 large jar German cherries in juice
- 2 slices German pumpernickel
- 2 250-gram tubs quark (German yogurt cheese available at specialty food stores)
- 2/3 cup milk
- 2 ounces German dark chocolate
- 3 tbsp. sugar
- 1 tsp. vanilla extract

METHOD:

Beat together quark, milk, vanilla and sugar until smooth. Using a food processor, reduce the pumpernickel to fine crumbs. Finely grate the chocolate and mix with the pumpernickel crumbs.

Drain cherries. Make layers in 6 wine glasses: Place cherries at the bottom, top with a spoonful of quark, then scatter a spoonful of pumpernickel. Repeat layers, finishing with a quark layer. Top with cherries and pumpernickel crumbs.

Chill overnight.

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Queen's dressmaker to appoint administrator
Hardy Amies, the fashion house that dressed Britain's Queen Elizabeth for more than 30 years, plans to file for administration after failing to find new sources of funding, though it added that talks continue. REUTERS

Style

The appeal of fig

Loyal Marc Jacobs consumers should check out his newest limited-edition eau de toilette for men, called Marc Jacobs Fig. Encompassing some of the core notes of his original fragrances, this 300 ml tonic offers a refreshing, lighter formula. Top notes include fresh yuzu zest and Tuscan cypress while the heart of it reveals the warm richness of the delicate fruit it's named after. It's available at Holt Renfrew stores across Canada for $60. METRO NEWS SERVICES

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Cape couture for fall

Style File

Kim Elbo

kim.elbo@metronews.ca

ask kim

I bought a leather handbag from a vintage store and it has a distinctive odour to it that I want to get rid of. I love the bag and its design. What can I do to get rid of the smell?

Try dampening a cloth with vinegar and wipe the inside and outside of your bag with the cloth, or submerge the bag into a solution of warm water and baking soda. Both of these methods should completely eliminate the unwanted odour. – *about.com*

E-mail your style questions to *kim.elbo@metronews. ca.*

Vancouver's Kim Elbo has a passion for fashion. Here she shares the latest style tips.

Buttoned
Designer: Costa Blanca
Shop: Costa Blanca
Address: Various Locations
costablanca.ca

Draped
Designer: n/a
Shop: Aritzia
Address: Various Locations
aritzia.com

Hooded
Designer: Kersch
Shop: Fine Finds
Address: 1014 Mainland St.
finefindsboutique.com

Tweed
Designer: Joe Fresh
Shop: Superstore
Address: Various Locations
joe.ca

Simple
Designer: Hunter
Shop: Hills
Address: 2125 West 41st Ave.
hillsofkerrisdale.com

Tie Up
Designer: Ilse Jacobsen
Shop: Gravity Pope
Address: 2205 West 4th Ave.
gravitypope.com

cape town

Throw on a knitted cape for a chic causal look. This is one major accessory staple that should be added to your fall wardrobe collection. If you like the cape look for off-season, I'd suggest purchasing a light neutral colour that can take you from fall into spring. The Aritzia cape is perfect for this as it's a light knit and it's cropped. Tip: Try to strictly wear your cape with a pant; anything else, like an a-line skirt, runs the risk of turning your outfit into a funny-looking two-tiered dress.

accessory

One of the best necklaces I have seen this fall. Pair with a simple navy dress or a white T-shirt. Designed by Alexis Bittar. Available at Blue Ruby, *blueruby.com*

wellingtons

As the days get cooler and wetter, rubber rain boots are the shoe of choice for many. Also known as wellingtons or wellies, theses boots became popular among adults years ago when major designers like Pucci, Betsy Johnson and Burberry stamped their signature logos and graphic styles on them. This season, wellies have gone back to the basics with colour-blocked styles and simple details of buckles and laces.

psst...

The SS09 collection of local swimwear designer cuchè bikinis is now out. Check it out at *cuchebikinis.com.*

tip: If you get caught in a downpour, cover up your designer bag with Rain Couture. Rain Couture is a collection of small waterproof bags that help protect your purse from the rain. — *crazyforthat.com*

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Holey socks make feet statement

PHOTO BY SANS

Hole Socks are the latest invention from two New York-based designers. They are sold at SANS (*sans.name*).

Times have changed since our grandmothers darned their holey socks to save a few bucks. Now, people are buying holey socks to save a few trees.

Hole Socks, the invention of two New York-based designers, are an attempt to create a unique statement for the feet.

"There were no options for women in the sock department," says Alessandro DeVito, who co-founded SANS with Lika Volkova. "Even if you go really high-end, where it's $100 a pair, it's still boring. We wanted to do something different."

Fashioning the socks ($28 to $30 U.S.) from soft organic cotton, the pair aim to create sustainable fashion. Though they don't claim these socks to be totally eco-friendly (the cotton is made in the U.S., then shipped to Switzerland to be made into yarn, then shipped back to North America) they offset the impact of the socks by partnering with Trees For The Future (*treesftf.org*) to plant a tree for every pair.

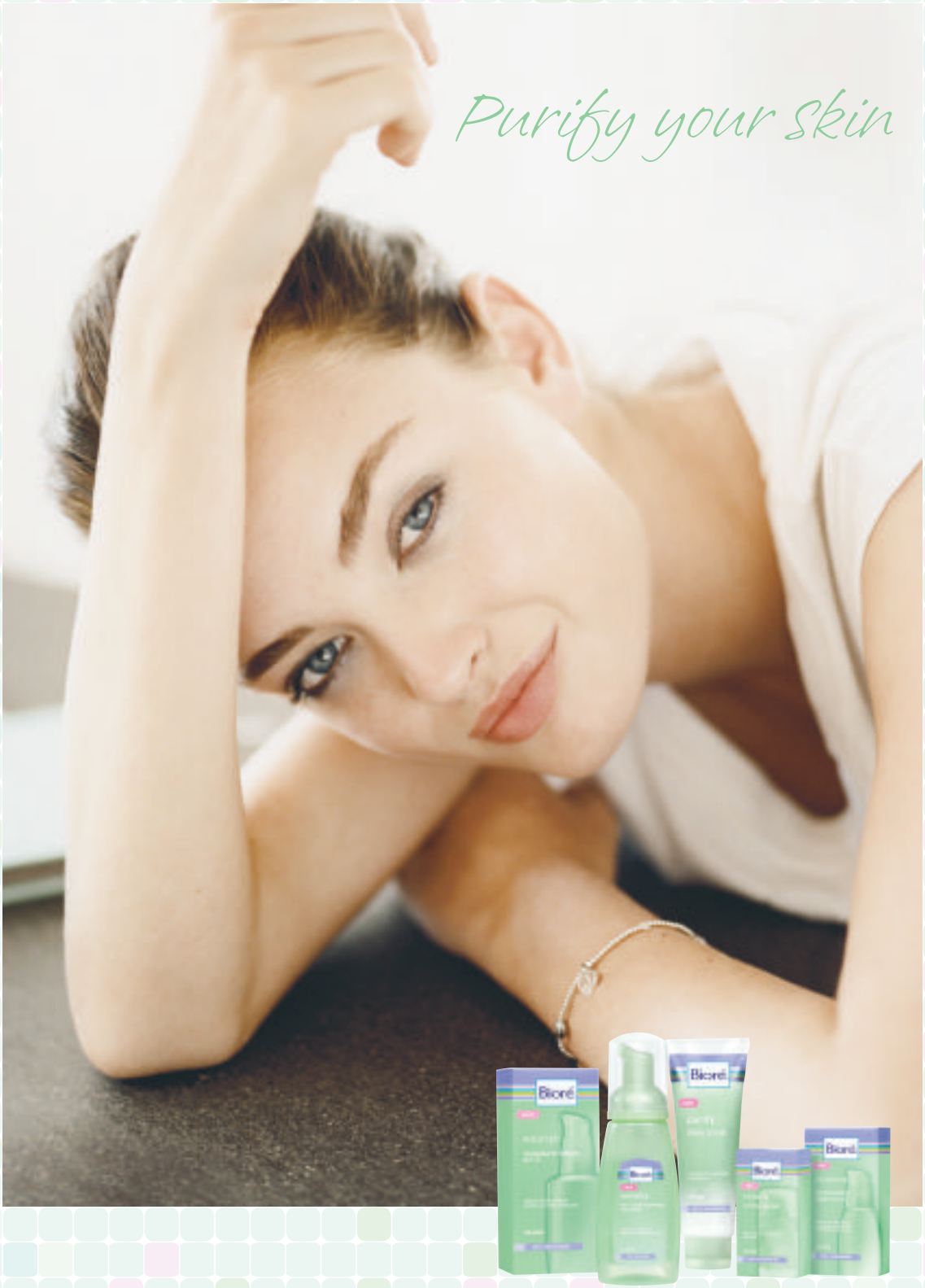
Volkova suggests slipping the socks over tights in winter for a surprising fashion effect, or wearing them solo in summer.

"They can make shoes more exciting," she says.

The socks are available in four styles and five colours online at *sans.name*.

Frugal fashionistas can download the pattern and create their own home-made, sustainable T-shirt by recycling a previously used garment.

TORSTAR NEWS SERVICE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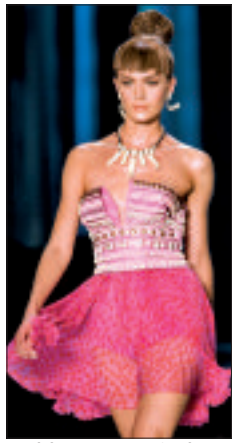

CHARLES PLATIAU/REUTERS

Model presents creation by British designer John Galliano as part of French fashion house Dior Spring/Summer 2009 show.

Paris fashion shows defy gloomy world climate

PARIS France's ready-to-wear spring and summer shows began in earnest Monday with Christian Dior's collection, as the world of fashion flew in the face of an increasingly ominous world environment.

Dior's show at the Tuileries gardens marked the start of the main part of the industry showpiece after the annual spring-summer shows began at the weekend with collections from a clutch of younger designers.

"Tribal chic. Studded. Belted. Degrade," read the notes to Dior designer John Galliano's show in which he sent a parade of teenaged models in diaphonous party dresses stalking down the catwalk to a pulsing rock beat.

"It's very young, transparent, light and quite sober," actress Marisa Berenson told Reuters Television after the show. "There were some wonderful mixtures of colours as he always does, but I liked the lightness and the transparency."

Around 100 designers will be showing collections over the coming week, sending models, stylists, reporters and fashionistas racing around the French capital, seemingly oblivious to turbulence menacing the global economy.

As bank regulators and government leaders in Washington and Europe struggle to control a global financial crisis that has brought low some of the biggest names in banking and threatens the global economy, the industry was looking on the bright side.

REUTERS

Spotlight on the sidekick

The CW is developing a one-hour drama based on the pre-Robin days of Batman's sidekick. The Graysons will explore Dick "DJ" Grayson's youth and adolescence in the same vein Smallville does for Clark Kent. **TVGUIDE.COM**

Entertainment

Back to Black

Actor Jack Black is reuniting with the writers of animation film Kung Fu Panda, Jonathan Aibel and Glenn Berger, for an untitled live action comedy, according to a report. **BBC NEWS ONLINE**

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

T.I. tears up Paper Trail

WARNER MUSIC PHOTO

T.I. dishes openly about his troubled life on Paper Trail.

T.I.

Album: Paper Trail
Label: Grand Hustle/Warner
Rating: ●●●

CLIFFORD HARRIS (T.I.) has packed a lot of trouble and contradictions into his 28 years. Alimony troubles, drugs charges, weapons charges, assault charges … and yet he's also done his share of charity work (not all of it court ordered). He's a warts-and-all type of guy, and it shows on Paper Trail. T.I. dishes openly about his life, which also includes its share of generic sex and party jams. Several tracks shine: My Life Your Entertainment with Usher is a perceptive, catchy analysis of celebrity. Swagga Like Us with Jay-Z, Kanye West, Lil' Wayne and M.I.A. sample is menacing and mesmerizing. John Legend, featured on Slide Show, adds some much-needed warmth. **Jim Reyno/Metro Canada**

Album Reviews

music@metronews.ca

Ben Folds

Album: Way To Normal
Label: Epic/Sony BMG
Rating: ●●●●

IF YOU REMEMBER the Ben Folds Five '97 ditty Song For The Dumped, then here's what you'd call nearly an entire album for the dumped. North Carolina's own Elton John returns with all the exuberance of his days with the aforementioned trio, delivering his relationship-gone-south fare in either cinematic bittersweet or raw-and-direct fashion. Balanced with wacky odes to a concert head injury and a beloved pooch, this is the sound of Ben Folds succeeding in returning to normal. **Ian Nathanson/for Metro Canada**

James Morrison

Album: Songs For You, Truths For Me
Label: Interscope /Polydor/Universall
Rating: ●●●

THE KIDS SEEM to be rediscovering the sound of Stevie Wonder, which is probably a good thing. It certainly saves Morrison's CD from being tossed on a heap entitled "This Year's James Blunt." So the Brit-pop cutie pie funks it up on a dozen original tracks by Morrison and a bunch of hired co-writers. If you want to try something closer to the real thing try a new CD by Raphael Saadiq, The Way I See It. He's even got Wonder playing harmonica on it. **Graham Rockingham/ for Metro Canada**

Robin Thicke

Album: Something Else
Label: Interscope/Universal
Rating: ●●●

THE GROWING PAINS Robin Thicke — son of Canadian actor Alan — experienced when he released his debut in 2003 are long gone; his new album of safe, but catchy R&B is sure to be a hit. Something Else is filled with easy listening, Marvin Gaye-like tunes and while the music isn't for rhythm and blues aficionados, it's infectious enough to get plenty of radio play. The best songs are the more upbeat ones such as the '70s sounding Magic, while the worst are the cheesy slow tracks like the too cool Ms. Harmony. **Bryan Borzykowski/for Metro Canada**

Read reviews of new albums from 54.40, Jenny Lewis and James Taylor at metronews.ca

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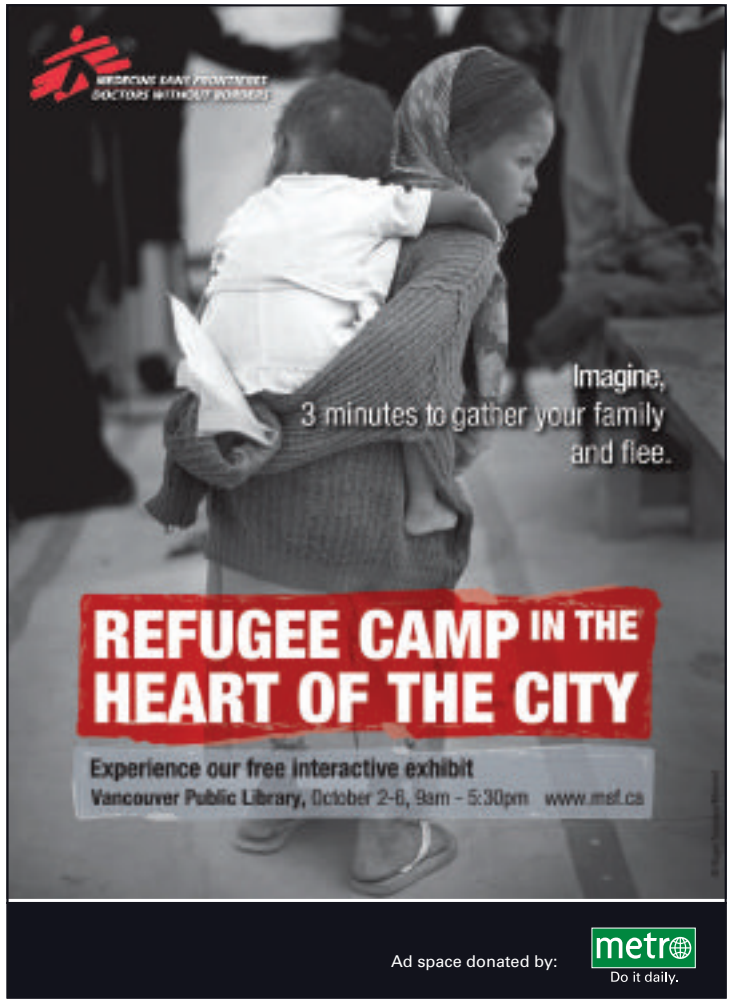
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Ari Graynor, centre, stars with Michael Cera and Kat Dennings in Nick and Norah's Infinite Playlist.

Drunk steals the show

Newcomer draws laughs in Nick and Norah

RICK McGINNIS
Metro Canada

While the title characters played by Michael Cera and Kat Dennings are the stars of Nick and Nora's Infinite Playlist, audiences leaving the Toronto International Film Festival screenings of the film were unanimous that Ari Graynor almost stole the film from them in every scene she played as Caroline, Norah's best friend, who spent the majority of her screen time ruinously drunk over the course of a long New York night.

It helped that she was handed several indelible scenes, one of which — Graynor's Caroline hunched over a filthy toilet in the Port Authority Bus Terminal, retrieving a piece of chewed gum that's a cross between her talisman and security blanket — will become her clip reel highlight if she decides to ride this sudden flare of notoriety into a bigger career.

Nick and Norah director Peter Sollett gives her credit for fleshing out the character of Caroline on the spot during the film's location shoot and describes one loopy, but wildly endearing scene Graynor plays with character actor Kevin Corrigan.

"She's tremendous and I think people are going to fall in love with her and she's an incredible improvisational actress. There are scenes in the film that she invented, like the turkey sandwich scene was not in the script.

"She's tremendous and I think people are going to fall in love with her."
Peter Sollett

"Kevin Corrigan was into music and New York kind of movies and we didn't have a scene for him, but he showed up and we had the Port Authority for the night. He said he didn't want to speak — it was very challenging. So, it was up to Ari to carry the scene and invent something that could be a standalone."

"I have a lot of love for Caroline," Graynor insists, "and I don't have a lot of judgment for her because it's a night and a situation that everyone has found themselves in at some point. It's not like I think someone should get wasted and throw up and have a disgusting night, but I also think that it's a rite of passage of growing up.

"I think that she's smart and she loves her friends and she's insecure and needy and I think she's like everybody else. And technically these situations are a little dangerous, but I think she's smarter than she appears to be.

"Aside from my own few college experiences to draw on," Graynor recalls, describing how she prepared for the role, "I actually got a little method-y and I had my boyfriend and friend videotape me getting drunk before we started shooting so that I could watch the progression. Because I wanted to have as many levels as you can.

"I know it sounds ridiculous, but it's going to be over the top anyway. It's the big comedic moment, so you've got to go for it and it's going to be silly. But to try and keep it grounded I wanted to see how ridiculous I was when drunk, and frankly, I learned that I'm pretty ridiculous."

Nick and Norah's Infinite Playlist opens tomorrow.

Loved ones bid Newman farewell

PEOPLE Paul Newman was cremated after a private funeral service near his home in Westport, Conn., Monday, femalefirst.co.uk reports.
The late actor's close friends and family congregated in the town to mourn and celebrate his life. Newman died Friday at the age of 83.

METRO NEWS SERVICES

Judge pans Stone's parenting

IN COURT Sharon Stone has so overreacted to her eight-year-old son's health issues that she suggested he get a Botox treatment for his smelly feet, according to the judge in the actress's custody case.

In Superior Court papers, the San Francisco judge also said Stone "delegates many of her parenting responsibilities to third parties" and has "simply refused" to participate in counselling unless her "schedule is accommodated and her demands are met," People.com reports.

"Such conduct on the part of any parent … is unacceptable and does not serve the child's best interest," the judge has written in the document, which is a tentative statement on Stone's motion to modify custody. METRO NEWS SERVICES

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24 just on TV for now, Sutherland says

Actor Kiefer Sutherland fears fans of his TV series 24 will have to wait several years for a big-screen adaptation of the hit show. He admits a movie version of the series won't get the green light until the TV show has been wrapped up. IMDB.COM

Phish reuniting for March shows

MUSIC The hints came in various formats, but it's now official. After more than four years, Phish, the Vermont-born quartet with a loyal fan following, will return to the concert stage this March in Virginia.

The band yesterday on its website, confirmed the reunion concerts this coming March 6, 7, and 8 in Hampton, Va., and posted a page addressing what is expected to be strong demand for tickets.

Phish built its reputation in the 1990s mostly for its live shows jamming in a free-form style of rock 'n' roll often compared to the Grateful Dead. REUTERS

In brief

MUSIC Paul McCartney is returning to his Fireman alias after a decade away from the musical collaboration with producer Youth. McCartney will release Electric Arguments by the Fireman on Nov. 17 via MPL. The 13-track album will be distributed by U.K. indie One Little Indian worldwide except in the U.S., where ATO will issue it. REUTERS

Partridge Family return works

IntelleVision

Rick McGinnis

rick.mcginnis@metronews.ca

COME ON GET HAPPY: As if a looming recession and an energy crisis weren't enough, TV is hell-bent on bringing back the '70s with its worst prime-time lineup in decades, and now there's this little shudder-inducing harbinger of things to come — the Partridge Family is coming back.

According to the Hollywood Reporter, NBC has signed on for a remake of the sitcom that ran on ABC from 1970 to 1974, to be written by Jeff Rake, of Cashmere Mafia, Bones and Boston Legal fame. Rake calls himself a fan of the original show, but told the Reporter he intends to "turn the premise on its head."

"In the original, the kids actually recruited their mom to front the band, which I can't see happening in any family on this planet," Take said. "The new version will reflect what seems to me to be the more realistic family band scenario these days: a struggling, sort of well-meaning mom pimping her kids in order to create a wholesome-slash-sexy cash cow."

Sounds edifying. I've been down this road once before, kids, and it only leads to a herpes epidemics and power ballads. Stop the madness now.

GARETH CATTERMOLE/GETTY IMAGES FILE PHOTO

Celebrity chef Jamie Oliver's new show follows his launch of a restaurant in Melbourne, Australia.

TV DINNER: The Food Network has an unusually strong slate of new shows this fall, and the best aren't necessarily helmed by blue chip celebrity chefs.

Their daytime programming has been livened up by the premiere today of Everyday Exotic, starring Toronto chef Roger Mooking. You might remember Mooking as one third of Bass Is Base, the late '90s dance combo, and he hosts the show with an ingratiating energy that will hopefully relax a bit with time.

Daytime cooking shows are a lot more mundane than their prime-time counterparts — there's a lot less flash and drama, and a lot more chopping and sautéing.

Mooking does a lot more than just tell distracted housewives and husbands how to spice up their vodka penne, and in addition to showing off some impressive knife skills, he actually features a few really useful techniques and ingredients.

Jamie Oliver isn't as overexposed as Gordon Ramsay over here mostly because he's not on network primetime, but he's adding another addition to his capacious TV brand with Jamie's Kitchen Australia, which follows Oliver — at a considerable distance — as he launches another one of his Fifteen restaurants staffed with marginalized kids in Melbourne. As with the previous incarnation, there's a little bit of cooking and a lot of despairing over the sorry state of youth.

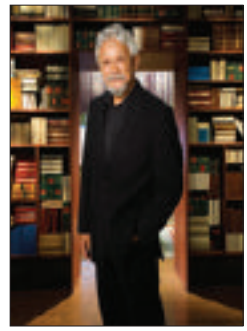
Rick McGinnis writes about music, movies, books and television, but not opera.

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 10/2/08	251	308	3 CBC	(6:00) Political Debate (CC)		Coronation St.	Jeopardy! (N)	The Nature of Things (CC)		CBC News: The National (N)		(:05) The Hour
	255	358	6 JOY	E! News	The Insider	Name Is Earl	Name Is Earl	Whispers and Lies (2008, Suspense) Melissa Joan Hart. (CC)		News (N)		
	254	-	8 M	Two/Half Men	Two/Half Men	Mandarin News		Cantonese News (N)		Punjabi News (In Punjabi N)		Metropia
	250	321	9 CTV	(6:00) Political Debate (CC)		News (N) (CC)		CSI: Crime Scene Invstgtn.		Law & Order (CC)		News (N)
	-	-	10 OMNI	Scrubs (CC)	According-Jim	Smallville "Toxic" (N) (CC)		Supernatural (N) (CC)		The Daily	Diya (CC)	New Day
	252	336	11 GTV	(6:00) Political Debate (CC)		Survivor: Gabon (N) (CC)		The Office	The Office	The Office (CC)		News (N)
	256	389	12 VI	Robson Arms	TMZ (N) (CC)	Hole in the Wall (N) (CC)		America's Got Talent (CC)		America's Next Top Model		News (CC)
	253	359	13 CITY	Law & Order: SVU		Ugly Betty (N) (CC)		Rock of Love-Bret Michaels		Friends (CC)	Friends (CC)	Realty TV
	-	-	14 CW	Deal-No Deal	Deal-No Deal	Smallville "Toxic" (N) (CC)		Supernatural (N) (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Vice Presidential Debate		Survivor: Gabon (N) (CC)		KIRO News	Entertainment	CSI: Miami (CC)		News (N)
	287	379	16 NBC	Vice Presidential Debate		Name Is Earl	Name Is Earl	Evening Mag.	Inside Edition	Dateline NBC (CC)		News (N)
	602	568	19 W	Will & Grace	Friends (CC)	Divine Design	House	Confidential	House	Open House	Real Est	Love It-List It
	288	380	21 ABC	Debate	VP Analysis	Ugly Betty (N) (CC)		Wheel-Fortune	Jeopardy! (N)	Luckiest Catch		News (N)
	-	-	23 KVOS	M*A*S*H	Seinfeld	Movie				King	Still Standing	Scrubs (CC)
	291	383	27 PBS	Vice Presidential Debate		Baseball "Something Like a War" (Part 2 of 9) (CC) (DVS)				Great Museums: Year		B. Watson
	290	382	28 FOX	Two/Half Men	Two/Half Men	Hole in the Wall (N) (CC)		To Be Announced		News (N) (CC)		Family Guy
	-	364	29 PBS	Vice Presidential Debate		Red Green	Red Green	Tavis Smiley	Charlie Rose (N) (CC)		This Old Hse.	This Old Hse.
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	Punk'd (CC)	South Park	Cheers (CC)	Half & Half	The Insider	Entertainment	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	Smallville "Toxic" (N) (CC)		Supernatural (N) (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Sex and-City	Friends (CC)	Will & Grace	My Wife-Kids
	297	652	37 WPX	CW11 News at Ten		Two/Half Men	Friends (CC)	Sex and-City	Will & Grace	According-Jim	Frasier (CC)	Odd Couple
	199	311	78 STR	(6:00) Political Debate (CC)		News (N)	News		Late Show-Letterman		ET Canada	Entertainment
news	502	390	28 NW	(5:45) CBC News Special "Election 2008: English Debate"				CBC News: The National		CBC News Special (CC)		
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	MLB Baseball Division Series -- Teams TBA. (Live)						Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre (Live) (CC)			Off the Record	Score Golf Television Sp.		NFL Films	Poker Night	SportsCentre
	411	457	49 OLN	Pilot Guides	Odyssey	Pilot Guides "Scotland" (CC)		Don't Forget Your Passport		Commando: On the Front Line		Survivorman
	410	403	54 SCR	Football	Score Tonight	Hardcore Hockey Talk		Poker -- Learn From the Pros		Sports Rage		Final Score
	417	406	55 SC	Wrecked (N)	Wrecked	Pinks	Pass Time	Pinks -- All Out		Pinks -- All Out		Wrecked
	416	409	144 GLF	Footballers	Footballers	Gol TV News		Extra Time		Gol TV News		Extra Time
family	552	543	25 YTV	H2O, Just Add	Prank Patrol	Malcolm-Mid.	Sabrina-Witch	Futurama	Prank Patrol	Mystery Hnt.	Adrenaline	Mystery Hnt.
	555	545	50 TEL	George	Bugs Bunny & Tweety Show		6teen	Total Drama	Futurama	The Critic (N)	Chicken	Code
	557	541	51 FAM	Wizards-Place	That's-Raven	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	53 TRE	Comfy Couch	Rolie Polie	Beren. Bears	Babar (CC)	Backyard	Dora-Explorer	Go, Diego, Go!	Treetown	Big Comfy
cable variety	268	354	5 KNO	Leading Edge	Big Ideas	Himalaya With Michael Palin		Art of the Heist Art forgers.		The Making of an Architect		Growing Up
	575	583	20 CMT	Gone Country		Karaoke Star "Finale"				Gone Country		Ed (CC)
	570	580	24 MM	Greek "Friday Night Frights"		Muchmusic Countdown (CC)			Pimp My Ride	Legally Blonde (CC)		Spotlight
	600	564	29 H&G	Home to Flip	Real Renos	Holmes on Homes (CC)		The Fix (CC)	Disaster DIY	Home to Flip	Real Renos	Holmes
	615	520	31 A&E	Jacked: Theft	Jacked: Theft	Crime 360 "Killing Field"		The First 48 (CC)		The First 48 (CC)		Jacked: Theft
	628	584	32 SPKE	(6:00) TNA iMPACT! (N) (CC)		The Ultimate Fighter		Married... With	Married... With	Married... With	Married... With	Ult. Fighter
	521	560	34 TLC	Street Customs (CC)		American Chopper (CC)		Street Customs (CC)		Overhaulin' (CC)		LA Ink (CC)
	616	522	39 SHO	Painkiller Jane (CC)		ReGenesis "Resurrection"		Trailer Park	Trailer Park	Saving Grace (CC)		House (CC)
	620	523	40 BVO	Ham	Bravonews	Law & Order "Illegal" (CC)		Without a Trace "Lost Boy"		Blame It on Rio ★★ (1983) Michael Caine.		
	601	562	41 SLC	The Biggest Loser (CC)		Rich Bride, Poor Bride (CC)		Last 10	Bulging Brides	The Biggest Loser (CC)		Trading Sp
	520	505	42 DIS	MythBusters (CC)		Daily Planet (CC)		Monster Moves (CC)		In the Shadow of the Moon (CC)		
	522	506	44 HIS	NCIS "Trojan Horse" (CC)		Lost Worlds King Henry VIII.		The Perfect Weapon (CC)		NCIS "Trojan Horse" (CC)		Crime Stories
	627	528	45 SPC	Chuck (Season Premiere)		Stargate SG-1 (CC) (DVS)		Lost "Outlaws" (CC)		Star Trek: Deep Space Nine		Star Trek
	294	650	47 TBS	MLB Baseball Division Series -- Teams TBA. (Live) (CC)							MLB Post	Sex and-City
	619	525	48 TROP	Beverly Hills, 90210 (CC)		Make	What	Family Guy	Seinfeld	Seinfeld	Frasier (CC)	Family Guy
	603	561	52 FN	Jamie's Kitchen Australia		Restaurant Makeover (CC)		Challenge (CC)		Unwrapped	Secret Life of	Jamie
	626	547	57 COM	Air Farce	Just for Laughs (CC)		Corner Gas	The Simpsons	South Park	VIP	Comedy Inc.	Daily Show
	320	621	60 CEN	(6:15) Coma (CC)		In the Valley of Elah ★★★ (2007) Tommy Lee Jones. (CC)				300 ★★★ (2007, Action) Gerard Butler. (CC)		
	581	566	101 MTV	Exiled (CC)	MTV Cribs	MTV Live	After	Man and Wife	The Hills	Exiled (CC)	MTV Cribs	MTV Live
	261	394	102 V	Into the Arms of Strangers: Stories			Clergy	Six Days in June (CC)		Six Days in June (CC)		Paid Program
	-	-	105 MUL	Matchmaker	Daughters	Vancouver	Kirdaar	Dheeyan Ghar	Sadabahar	Desi-Mama	Desi Rhythms	Patrol World

critics' corner

The Nature of Things

Columbus was looking for India. The folks who created Viagra were looking for a high-blood-pressure treatment. In the season premiere, "Gone Sideways," host David Suzuki surveys a number of discoveries and breakthroughs that happened by accident, including some revolutionary cures for diseases and the invention of the X-ray machine. 9 PM on CBC



Vice Presidential Debate

The vice presidency may be the butt of jokes, but it's no joke being a heartbeat away from the highest office in the land. So it pays to know where the presidential contenders' runnning mates stand on the issues. Gwen Ifill moderates this showdown between Alaska Gov. Sarah Palin, Republican John McCain's running mate, and U.S. Sen. Joseph Biden, Democrat Barack Obama's choice for second in command. 6 PM on CBS

India beats U.S. to show Bond first

MOVIES James Bond is making an unprecedented side trip before his next adventure reaches the U.S.

Sony Pictures Releasing India has said that Quantum of Solace will open in India on Nov. 7, marking the first time a major Hollywood title has opened here before its U.S. premiere. The film will debut in U.K. theatres on Oct. 31 and be released in North America on Nov. 14.

"James Bond has a huge equity in this country, and Bond films have always been a hit here," said Mumbai-based Kercy Daruwalla, managing director of Sony Pictures Releasing India.

Solace will be released on about 700 prints dubbed into the regional languages Hindi, Tamil and Telegu.

REUTERS

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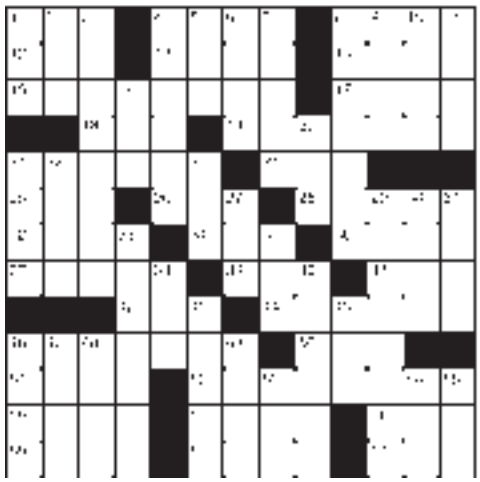


Crossword across

1 "Angela's Ashes" sequel
4 Spencer of "The Insider"
8 Junk e-mail
12 Commotion
13 Rainbow
14 Radius neighbor
15 Video-game controller
17 Night light?
18 Perch
19 Scopolamine source
21 Put one over on
24 Coloring agent
25 Cassowary look-alike
26 Wardrobe malfunction
28 Plotters' group
32 Rocking Jagger
34 Awkward guy
36 Oliver Twist's request
37 Trusty horse
39 "— the Dog"
41 Favorable vote
42 Take to court
44 Powerful star-like object
46 Subterfuge
50 Biz letterhead abbr.
51 Perjurer
52 Buzz Lightyear's movie
56 Land measure
57 Curved molding
58 Guitar's kin
59 Holler
60 Defeat
61 Heavy weight

Crossword down

1 — Mahal
2 Altar affirmative
3 Chinese food condiment
4 Type of bug?
5 Jackie's second hubby
6 Affluent
7 Requested
8 Ray from Ra?
9 "Not guilty," e.g.
10 Uncredited in "Bartlett's"
11 Lion's pride
16 Pack quantity
20 Big Apple letters
21 Fixes a skirt
22 Leave out
23 God, in Italian
27 Manhandle
29 Merit-badge earner
30 Vicinity
31 Mad Shakespearean king
33 Variety of falcon
35 Website info format
38 Payable
40 Masks
43 Praise to the skies
45 Pismire
46 Stage show
47 Houston university
48 Count counterpart
49 African republic
53 "Certainly"
54 Old movie-house letters
55 Longing

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

	5		8			1		
2			9					5
		8		7	3			6
		7		4	2			9
3			7	1		2		
6			4	5		9		
8					6			1
		9			8		7	

Recipe of the day

Spinach and Potato Frittata

INGREDIENTS:
1 lb (500 g) russet potatoes, cut into 1/2-in. (1-cm) cubes
3 cups (750 mL) baby spinach leaves, trimmed of stalks
1 tbsp (15 mL) olive oil
1 red pepper, quartered, seeded and thinly sliced
5–6 scallions, thinly sliced
3 egg whites
2 whole eggs
2 tbsp (25 mL) Parmesan cheese
Salt and pepper

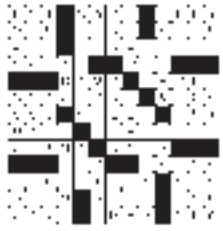
METHOD:
1. Cook potatoes in boiling water until almost tender, 5 to 6 minutes. Place spinach in a steamer or colander over potatoes and cook until potatoes are tender and spinach has wilted, another 5 minutes. Drain potatoes. Press spinach with the back of a spoon to extract excess moisture, then chop.
2. Heat oil in a non-stick skillet. Add pepper slices and sauté over medium heat for 2 minutes. Stir in potatoes and scallions and continue cooking for 2 minutes.
3. Beat egg whites and whole eggs in a large bowl, season lightly with salt and pepper, and mix in spinach. With a slotted spoon, remove vegetables from skillet and add to egg mixture, leaving remaining oil in the pan. Stir egg and vegetables briefly to mix, then pour into skillet. Cover and cook, without stirring, until omelette is almost set but still a little soft on top, about 6 minutes. Preheat broiler.
4. Dust frittata with Parmesan and place under broiler. Cook until browned and puffed around edges, 3 to 4 minutes. Cut into quarters or wedges and serve.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



5	7	6	3	8	2	9	4	1
1	3	2	5	9	4	6	8	7
4	8	9	1	6	7	3	2	5
7	2	8	9	3	1	4	5	6
9	1	5	6	4	8	2	7	3
3	6	4	2	7	5	1	9	8
8	9	1	4	5	6	7	3	2
6	4	7	8	2	3	5	1	9
2	5	3	7	1	9	8	6	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min.....Not bad
25+ min.....Keep practising

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
A rebel spirit is essential to your needs. An honest person will find a balance. Something exciting will happen.

TAURUS ♉
APRIL 21-MAY 21
A magnetic person becomes a casualty of love. An idle chatterer accomplishes more than a feisty debater. Someone plays the fool.

GEMINI ♊
MAY 22-JUNE 21
You can play mind games in the right place. Your tyrannical side is a surprise to others. An injured party threatens to make a deal.

CANCER ♋
JUNE 22-JULY 22
A secret reward raises your spirits. A lover's chat becomes a scandal. Don't be heartless about a significant event.

LEO ♌
JULY 23-AUG 23
Play nice with a wounded woman. An awesome stranger will come to your rescue. A clumsy girl is standing on shaky ground.

VIRGO ♍
AUG 24-SEPT 22
A disagreement is dissipated by timely laughter. A friend contributes to problem solving. The chance of a lifetime comes from a hard-working woman.

LIBRA ♎
SEPT 23-OCT 23
An unusual event can become enjoyable. A whiner wants to use you for sympathy. Pride causes someone to have a bad day.

SCORPIO ♏
OCT 24-NOV 22
Practice what you preach. A regrettable mistake follows a warning of danger. Come up with entertaining ideas for the weekend.

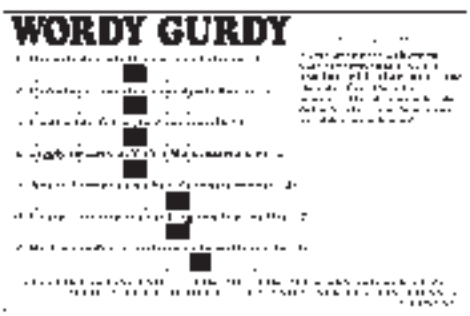
SAGITTARIUS ♐
NOV 23-DEC 21
A daydreamer has some brilliant ideas. Open your mind to unthinkable solutions. Toss aside your superstitions about good luck.

CAPRICORN ♑
DEC 22-JAN 20
You'll get bogged down in endless blunders. Meet with people who can help you. You'll cast a suspicious glance at the stock market.

AQUARIUS ♒
JAN 21-FEB 18
Good fun with your friends is exactly what you need. Give the impression that you control your life. Compassion leads to improvements.

PISCES ♓
FEB 19-MARCH 20
You'll be trusted with a secret. It's not a good idea to bore anyone. Don't take troubled times personally.

WORDY GURDY



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Superman house saved
Superman fans have succeeded in their bid to rebuild the house where the legendary character was first created by Jerry Siegel in Cleveland, Ohio. IMDB.COM

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Celebrity Buzz

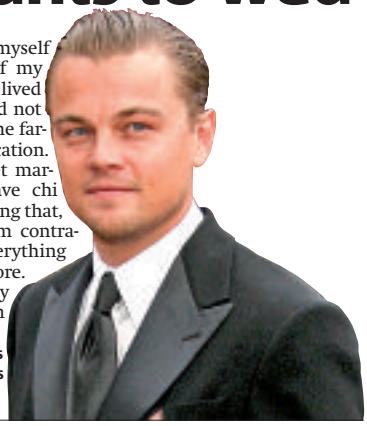
DiCaprio wants to wed

RELATIONSHIPS Actor Leonardo DiCaprio wants to get married because he is keen to live a normal life, imdb.com reports.

The 33-year-old star is reportedly sick of travelling the world and living on movie sets and confesses he would like to settle down and start a family to make him feel more grounded.

"What I definitely feel a need for is to make my life about more than just my career," he tells Parade magazine. "Just last night I was thinking to myself how little of my life has been lived normally and not spent on some far-off movie location. I want to get married and have children. In saying that, I realize I am contradicting everything I've said before. I absolutely believe in marriage."

METRO NEWS SERVICES



GETTY IMAGES PHOTOS

Richie on the road again

LEGAL Socialite Nicole Richie is back behind the wheel a year after she was convicted of driving under the influence, imdb.com reports.

The former Simple Life star's licence has been officially changed from suspended to restricted on Sept. 19, according to the Los Angeles Department of Motor Vehicles records.

Richie served 82 minutes behind bars and had to undertake an 18-month anti-DUI course after she was caught driving the wrong way down a freeway ramp road.

As a restricted licence holder, Richie can now use her car for work-related activities.

METRO NEWS SERVICES

Fox is officially a fox

POLL It's official: Megan Fox is hot, intouchweekly.com reports.

The actress tops Moviefone's list of the 25 Hottest Actors Under 25.

"I honestly believe that Megan is here to stay," said her director for the upcoming film How to Lose Friends and Alienate People, Robert Weide.

"She'll constantly surprise people by her range. Anyone who thinks she's just a pretty face is going to be surprised in the same way they were when Michelle Pfeiffer proved she really was an actress."

Other young stars making the list include Megan's Transformers co-star Shia LaBeouf, Michael Cera, Dakota Fanning, Emma Watson, Zac Efron, Miley Cyrus, Blake Lively and Keira Knightley.

METRO NEWS SERVICES

Mills 'at peace' following bitter divorce

HEALTH Heather Mills is "at peace" following her bitter divorce battle from Sir Paul McCartney, female-first.co.uk reports.

The charity campaigner is attempting to put her troubled year behind her and is concentrating on her charity work.

"I'm in a really good place at the moment," she says. "I'm really at peace. I've spent a lot of time healing. It's been a very, very difficult time, the hardest ever, but I now want the chance to focus on charity and continue my work with the causes I really care about.

Mills also revealed her and McCartney's four-year-old daughter Beatrice has helped her get through the difficult period.

"Beatrice is the light of my life, an absolute joy," she added to Britain's Hello magazine.

"I think when you have a child later in life, you appreciate it even more. I think on top of having lost so many — I had six miscarriages and two ectopic pregnancies — you really, really appreciate it.

"I was considering adoption, all sorts of things, nine years ago before I met her father."

METRO NEWS SERVICES

celebrity brief

Paris changes her flight plans

GOSSIP Paris Hilton has vowed never to set foot on another Learjet aircraft after her pals Travis Barker and Adam (DJ AM) Goldstein almost lost their lives in a plane crash last month, imdb.com reports.

The socialite admits she occasionally flies to Las Vegas in the same type of plane Barker and Goldstein were on when it failed to clear an airport runway in South Carolina on Sept. 19.

Four people died in the tragedy and the two stars were hospitalized with severe burn injuries.

News of the crash stunned Hilton, who was on a plane bound for Milan, Italy, at the time, and now she's rethinking her own travel plans.

"I couldn't believe it," she says. "I'm scared to go on small airplanes now. Sometimes in Vegas, I've been on that sort of plane and now I'll never go on one again."

METRO NEWS SERVICES

Big changes for the Wahlbergs

GOSSIP Mark Wahlberg and his fiancée Rhea Durham have named their newborn baby son Brendan Joseph, imdb.com reports.

The baby was born on Sept. 16 and joins siblings Ella Rae, 5, and Michael, 2.

It's a busy time for the Wahlberg clan. America's Life and Style magazine has just revealed the family is moving.

Wahlberg has put his Beverly Hills home on the market for $15.9 million US — more than $10 million more than the price he originally paid for the property.

METRO NEWS SERVICES

Meyer directs music video
Twilight author Stephenie Meyer has directed her first music video for alt-rock band Jack's Mannequin's single The Resolution. It was shot in Malibu, Calif. PEOPLE.COM

Celebrity Buzz

Craig crashes celebration

CELEBRITY James Bond star Daniel Craig found himself the centre of attention at a recent New York baptism celebration when he wandered into the party's venue after hearing the sound of bagpipes, imdb.com reports.

The actor, who is currently in the Big Apple promoting the upcoming movie Quantum of Solace, stumbled upon the event when he entered Nichols restaurant in East Hampton on Saturday, according to the New York Post's gossip column Page Six.

"He walked in and ended up holding the baby and posing for photos," a source tells the publication. "He loves the Hamptons and has been spending a lot of time out there."

METRO NEWS SERVICES

Cattrall lends voice to GPS

CELEBRITY Kim Cattrall is the new voice of TomTom navigation devices, femalefirst.co.uk reports.

The actress will provide directions to owners of the GPS devices, it has been revealed.

As well as providing standard instructions, Cattrall will also say lines including "This is the city, darling. Anything goes!" and "Don't touch my Manolos!"

A spokesperson for TomTom said, "The idea is to add some spice to the ride, allowing drivers a fun and unforgettable journey."

Jocelyn Vigreux, president of TomTom, added, "Celebrity voice downloads are one of the many features TomTom offers to our customers to personalize their driving experience. With Kim Cattrall's voice helping them to navigate their trip, TomTom customers will not only travel safely and with less stress, but will also be amused along the way."

Cattrall's voice will not come as standard on the machines, and interested users will have to pay $12.95 US to download the special feature.

METRO NEWS SERVICES

Parker close to onscreen son

FAMILY Weeds star Mary-Louise Parker has heaped praise on her onscreen offspring Hunter Parrish, confessing she hopes her real-life son grows up like him, imdb.com reports.

Parker has a four-year-old son, William, with former partner Billy Crudup, and adopted her daughter Ash last year.

"Hunter is friendly and positive, Hunter wants harmony. I want my son to be like Hunter. He's just good, and it's not fake or artificial," Parker tells USA Today.

Parker has also welcomed Parrish into her off-screen family, inviting him to spend annual holidays at her home.

"We text each other. He spent Thanksgiving at my house. He comes every year.

METRO NEWS SERVICES

celebrity brief

Jessica Simpson to marry again?

GOSSIP Looks like singer Jessica Simpson and her football player boyfriend Tony Romo may be exchanging "I do's," TMZ.com reports.

The couple were recently spotted in a Neiman Marcus department store in Dallas, Tex., reports the Chicago Sun-Times, and they were on the hunt for "big sparklers." Simpson and Romo are reportedly already talking about a winter wedding, though it would be "well after" the Super Bowl.

METRO NEWS SERVICES

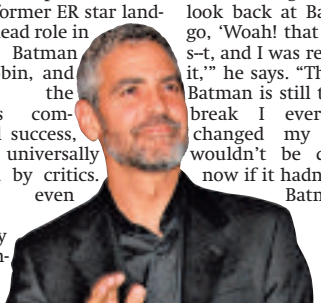
Dita blasts nip-and-no-tell celebrities

GOSSIP Dita Von Teese has blasted celebrities who don't admit to having plastic surgery, femalefirst.co.uk reports. The burlesque dancer, who previously admitted she had her breasts cosmetically enhanced when she was younger, says any famous person who has gone under the surgeon's knife should have the courage to be open about their decision.

"It's no secret that I had my breasts done," she says. "I will never apologize for having it done. I just wish more celebrities admitted to it."

METRO NEWS SERVICES

Clooney has no Batman regrets



FILM Actor George Clooney has no regrets over his appearance as comic book hero Batman, insisting the poorly received movie shot him to superstardom, imdb.com reports.

The former ER star landed the lead role in 1997's Batman and Robin, and despite the movie's commercial success, it was universally panned by critics.

But even though Clooney is embarrassed by his poor performance in the movie, he is adamant that playing the caped crusader helped raise his profile.

"I don't regret anything. With hindsight it's easy to look back at Batman and go, 'Woah! that was really s–t, and I was really bad in it,'" he says. "The truth is, Batman is still the biggest break I ever had. It changed my career. I wouldn't be doing this now if it hadn't been for Batman."

METRO NEWS SERVICES

Crowe bulks up for role

FILM Russell Crowe has revealed that he packed on 63 extra pounds for his role in Ridley Scott's new suspense thriller Body of Lies, People.com reports.

The actor says bulking up was a pleasure.

"I'll have that cheeseburger for breakfast, thank you!" he jokes of his attitude toward the weight gain.

Although Crowe has been known in the past for his affinity to his native Australian VB beer, he says he avoided drinking as a way of gaining weight because of his boys, Charlie, 4, and Tennyson, 2. "The drinking thing has sort of taken a different place in my life since I had kids," Crowe says. "There are a whole lot of things I don't do anymore because it affects my level of patience. I don't want to be in that place where I'm exasperated with these beautiful children."

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